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BARONET'S HANDY
POCKET REFERENCE

HELP!

**NO TRAVELER
SHOULD BE
WITHOUT IT!**

The Emergency
Phrase Guide That Can
Save Your Life in

FRENCH
ITALIAN,
GERMAN
& SPANISH

William I. Kaufman

\$.50

HELP!

**The Emergency Phrase Guide That
Can Save Your Life**

**FRENCH, ITALIAN
GERMAN AND SPANISH**

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Can Save Your Life**

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GERMAN AND SPANISH**

William I. Kaufman

Baronet Publishing Company, NEW YORK

HELP!

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INTRODUCTION

If you love to travel . . . HELP! is for you. If you don't speak the language, HELP! is for you. And even if you do speak the language, you will still find this small compendium invaluable in safeguarding your health when you voyage outside the United States.

HELP! will certainly aid you in making simple purchases of drugs and cosmetics. It will lead you to solving more complex problems in the doctor's office, or on the road. But what is most important, HELP! can save your life.

HELP! is a basic pocket guide. We make no claim that it is the end all of foreign language dictionaries on the subjects it covers, but it can salvage your vacation from ruin due to untoward illness. It can help you rescue yourself, your family, your friends from serious threat to life and limb. It will facilitate communication with pharmacists, firemen, policemen, ambulance drivers, and hotel and hospital personnel when you may need these attentions.

HELP! is a handy bulwark against isolation in time of stress. Put it in your pocket. When you're traveling abroad, you never know when you might need HELP! . . . the kind of quick and efficient aid that saves your life and makes it possible for you to look forward with confidence to ever newer, ever more exciting travel experiences for years to come.

HELP! is your key to the right Help. . . .

FRENCH

AT THE DOCTOR'S —FRENCH

Please call a doctor.

Faites venir un médecin, s'il
vous plait.
(Fet veneer uhn may-de-san, see
voo play.)

**I must see a doctor; can
you recommend one?**

Il faut que je consulte un
médecin; pouvez-vous m'en
recommander un?
(Eel foh ke zhuh kawn-soolt
uhn may-de-san;
poo-vay-voo mawn
re-kum-mawn-day uhn?)

I am ill.

Je suis malade.
(Zhuh swee mah-lod.)

I have difficulty breathing.

J'ai mal à respirer.
(Zhay mahl ah ress-pee-ray.)

I can't eat/sleep.

Je ne peux pas manger/dormir.
(Zhuh nuh puh pah
mawn-zhay/dawr-meer.)

AT THE DOCTOR'S—FRENCH

My nose keeps bleeding.

Je saigne constamment du nez.
(Zhuh sen kawn-stah-mawn
doo nay.)

I have an earache.

J'ai mal à l'oreille (one ear)/
aux oreilles (both ears).
(Zhay mahl ah law-ray/ au
zaw-ray.)

I keep vomiting.

Je vomis souvent.
(Zhuh vah-mee soo-vawn.)

I think I've caught flu.

Je crois que j'ai attrapé la grippe.
(Zhuh crwah ke zhay
ah-trah-pay lah greep.)

**I've had it since yesterday/
for a few hours.**

Je le suis depuis hier/ depuis
quelques heures.
(Zhuh luh swee duh-pwee yair/
du-pwee kel-kuh zuhr.)

I am a diabetic.

Je suis diabétique.
(Zhuh swee dee-ah-bay-teek.)

**I am allergic to
penicillin/antibiotics.**

Je suis allergique à la
penicilline, aux antibiotiques.
(Zhuh swee al-lair-zheek ah
la pehneeseleen/ ohz
ahnteebeeoh-teek.)

I feel dizzy.

J'ai des vertiges.
(Zhay day vair-teezh.)

I feel nauseous.

J'ai des nausées.
(Zhay day noh-say.)

I have diarrhea.

J'ai diarrhée.
(Zhay deeahray.)

I have a pain here.

J'ai mal ici.
(Zhay mahl ee-see.)

**I have a pain in my
right arm.**

J'ai une douleur au bras droit.
(Zhay oon doo-ler oh bra
drwah.)

My wrist hurts.

Mon poignet me fait mal.
Mawn pwah-nyay muh fay
mahl.)

I've burned/cut/hurt myself.

Je me suis brûlé/coupé/fait mal.
(Zhuh muh swee broo-lay/
koo-pay/fay mahl.)

**I think I've sprained/broken
my ankle.**

Je crois que je me suis foulé/
cassé la cheville.
(Zhuh krwah kuh zhuh muh
swee foo-lay/ kah-say lah
shuh-veey.)

**I fell down and hurt my
back.**

Je suis tombé et je me suis fait
mal au dos.
(Zhuh swee tawm-bay ay zhuh
swee fay mahl oh doh.)

Is it broken/sprained?

Est-ce cassé/foulé?
(Ess-suh kass-say/ foo-lay?)

AT THE DOCTOR'S—FRENCH

My foot is swollen.

Mon pied est enflé.
(Mawn pyay ay awn-flay.)

My stomach is upset.

J'ai mal au ventre.
(Zhay mahl oh vawn-truh.)

I have indigestion.

J'ai mal a l'estomac/je digere
mal.
(Zhay mahl ah less-toh-mahk/
zhuh dee-zhayr mahl.)

My appetite is gone.

Je n'ai plus d'appetit.
(Zhuh n'ay ploo dap-pay-tee.)

**I think I have food
poisoning.**

Je crois souffrir d'une
intoxication alimentaire.
(Zhuh krwah soo-freer doon
an-tok-see-ka-syawn
al-lee-mawn-tair.)

How old are you?

Quel age avez-vous?
(Kel ahzh ah-vay-voo?)

What illnesses have you had?

Quelles maladies avez-vous eu?
(Kel mah-lah-dee ah-vay-voo
oo?)

Have you a sickness insurance?

Avez-vous une assurance-
maladie?
(Ah-vay-voo oqn
ah-shoo-rawnse-mah-lah-dee?)

**What have you had to eat/
drink?**

Qu'est-ce qu'avez-vous mange/
but?
(Kess kah-vay-voo mawn-zhay/
boo?)

Please undress.

Deshabillez-vous, s'il vous
plaît.
(Day-zah-vee-yay-voo, see voo
play.)

Please lie down.

Allongez-vous, s'il vous plaît.
(Ah-lawn-zhay-voo, see voo
play.)

Where does it hurt?

Ou avez-vous mal?
(Oo ah-vay-voo mahl?)

Have you a pain here?

Avez-vous mal là?
(Ah-vay-voo mahl lah?)

**How long have you had the
pain?**

Depuis quand avez-vous cette
douleur?
(Duh-pwee kawn ah-vay-voo
set doo-lur?)

Open your mouth.

Ouvrez la bouche.
(Oo-vray lah boosh.)

Put out your tongue.

Montrez-moi votre langue.
(Mawn-tray-mwah vut-ruh
lawng.)

Breathe in.

Respirez/inspirez.
(Ress-pee-ray/an-spee-ray.)

AT THE DOCTOR'S—FRENCH

Does that hurt?	Est-ce cela vous fait mal? (Ess-suh suh-lah voo fay mahl?)
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You're hurting me.	Vous me faites mal. (Voo muh fet mahl.)
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A lot/a little?	Très mal/ un peu? (Tray mahl/ uhn puh?)
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Appendicitis	Appendicite (Ah-pawn-dee-seet)
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Burn	Brulure (Brewleur)
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Cramp	Crampe (Krahmp)
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Food poisoning	Intoxication alimentaire (Aan-tohxee-kah-seeohn alee-mahn-tayr)
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Heart attack	Crise cardiaque (Kreez kahr-dee-ak.)
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Hemorrhage	Hémorragie (Ay-maw-rah-zhee)
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Insect bite	Piqure d'insecte (Pee-kewr d'aan-sekt)
--------------------	---

Measles	Rougeole (Roo-zhyole)
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Sunstroke

Coup de soleil
(Koo duh soh-lay)

Typhoid fever

Typhoïde
(Tee-fwahd)

Whooping cough

Coqueluche
(Kuck-loosh)

**I'll give you some pills/
medicine.**

Je vais vous donner des pilules/
des médicaments.
(Zhuh vay voo dun-nay day
pil-lool/day
may-dee-kah-mawnh.)

**Take this two/three/four
times a day.**

Prenez ceci deux/trois/quatre
fois par jour.
(Pruh-nay suh-see duh/trwah/
kat-ruh fwah pahr zhoor.)

Before meals/after meals.

Avant/après le repas.
(Ah-vawnh/ah-pray luh
ruh-pah.)

**Take this prescription to the
chemist's.**

Allez chez la pharmacien avec
cette ordonnance.
(Ah-lay shay lah far-me-syanh
ah-vek set awr-dun-nawnse.)

Roll up your sleeve.

Retrousssez votre manche.
(Ruh-troo-say vut-ruh
mawnsh.)

AT THE DOCTOR'S—FRENCH

I'll give you an injection.

Je vais vous fair une pique.
(Zhuh vay voo fair oon
pee-koor.)

I'll put you on a diet.

Je vais vous mettre au regime.
(Zhuh vay voo met-truh oh
ray-zheem.)

**Come and see me again in two
days.**

Revenez me voir dans deux
jours.
(Ruh-vuh-nay muh vwahr
dawnh duh joor.)

Your leg must be X-rayed.

Il faut faire radiographier votre
jambe.
(Eel foh fair
ray-dee-oh-graf-fee-ay
vu-truh zhawmb.)

You must go to the hospital.

Il faut que vous alliez à
l'hôpital.
(Eel foh ke voo all-yay ah
loh-pee-tahl.)

Must I stay in bed?

Dois-je garder le lit?
(Dwah-zhuh gar-day luh lee?)

You must stay in bed.

Vous devez rester au lit.
(Voo duh-vay ress-tay oh lee.)

Will you come see me again?

Est-ce que vous repasserez me
voir?
(Ess ke voo ruh-pass-uh-ray
muh vwahr?)

How much do I owe you?

Combien vous dois-je?
(Kawm-byen voo dwah-zhuh?)

I feel better now.

Je me sens mieux maintenant.
(Zhuh muh sawnh myuh
man-tuh-nawnh.)

When can I travel again?

Quand pourrai-je repartir?
(Kawnh poo-ray-juh
ruh-pahr-teer?)

PARTS OF THE BODY

Abdomen

Ventre (Vahn-tr)

Ankle

Cheville (shu-vee)

Arm

Bras (brah)

Armpit

Aisselle (eh-zehl)

Back

Dos (doh)

Bladder

Vésicule (veh-se-kewl)

Bone

Os (ohs)

Calf

Mollet (moh-lay)

Cheek

Joue (zhoo)

Chest

Poitrine (pwah-treen)

Chin

Menton (mahn-tohn)

Ear

Oreille (ohray)

Eye/Eyes

Oeil/Yeux (oee/yew)

Face

Visage (vee-zahzhe)

Finger

Doigt (dwa)

Foot

Pied (pyay)

Forehead

Front (frohn)

Hand

Main (maan)

Head

Tête (teht)

Heart

Coeur (Kur)

Hip

Hanche (ahnsh)

AT THE DOCTOR'S—FRENCH

Intestine	Intestins (aan-tehs-taan)
Kidney	Rein (raan)
Leg	Jambe (zhahmb)
Lip	Lêure (leh-ureh)
Liver	Foie (fwah)
Mouth	Bouche (boosh)
Muscle	Muscle (mewskl)
Nape	Nuque (newk)
Nose	Nez (nay)
Pulse	Pouls (pools)
Rib	Côte (koht)
Scalp	Cuir chevelu (koo-eer sheh-veh-loo)
Shoulder	Épaule (eh-phohl)
Skin	Peau (poh)
Skull	Crane (krahnl)
Spine	Colonne vertebrale (koh-lohn vehr teh-brahl)
Stomach	Estomac (ess-toh-mahk)
Temple	Temporal (tahm-po-rahl)
Thigh	Cuisse (kooees)
Throat	Gorge (ghorzhe)
Toe	Orteil (ortee)
Tongue	Langue (lahng)
Wrist	Poignet (pwahnay)

AT THE DENTIST'S —FRENCH

I must see a dentist.

Je dois voir un dentiste.
(Zhuh dwah vwar uhn
dawn-teest.)

**Can I make an appointment
with the dentist?**

Puis-je prendre rendez-vous avec
le dentiste?
(Pwee-zhuh prawnd-ruh
rawn-day-voo ah-vek luh
dawn-teest?)

As soon as possible.

Le plus tot possible.
(Luh ploo toh poh-see-bluh.)

I have a toothache.

J'ai mal aux dents.
(Zhay mahl oh dawnh.)

This tooth hurts.

Cette dent me fait mal.
(Set dawnh muh fay mahl.)

I've lost a filling.

J'ai perdu un plombage.
Zhay pair-doo uhn
plawm-bahj.)

AT THE DENTIST'S—FRENCH

Can you fill it?

Pouvez-vous la plomber?
(Poo-vay-voo lah plawm-bay?)

Can you do it now?

Pouvez-vous le faire
maintenant?
(Poo-vay-voo luh fair
man-tuh-nawnh?)

**My gums are swollen/keep
bleeding.**

Mes gencives sont enflées/
saignent souvent.
(May zhawn-seeves sawnh
awn-flay/sen soo-vawnh.)

**I've broken my plate; can you
fix it?**

J'ai cassé mon dentier;
pouvez-vous le réparer?
(Zhay kass-say mawnh
dawn-tyay; poo-vay-voo luh
ray-pah-ray?)

Please rinse your mouth.

Rincez-vous la bouche, s'il vous
plaît.
(Ran-say-voo lah boosh, see voo
play.)

I will X-ray your mouth.

Je vais prendre un radio de vos
dents.
(Zhuh vay prawn-druh uhn
rah-dyoh duh voh dawnh.)

You have an abscess.

Vous avez un absces.
(Voo zah-vay uhn ahb-ses.)

The nerve is exposed.

Le nerf est à vif.
(Luh nairff ay ah veef.)

Will you take the tooth out?

Allez-vous m'arracher la dent?
(Ah-lay-voo mah-rah-shay la
dawnh?)

**This tooth will have to
come out.**

Cette dent est perdue.
(Set dawnh ay pair-doo.)

Please give me an injection first.

Insensibilisez/ moi le dent
d'abord, s'il vous plait.
(An-sawn-see-bee-lee-zay/
mwah luh dawnh dah-bawr,
see voo play.)

You're hurting me.

Vous me faites mal.
(Voo muh fet mahl.)

How much do I owe you?

Combien vous dois-je?
(Kawm-byen voo dwah-zhuh?)

When should I come again?

Quand dois-je revenir?
(Kawnh dwah-zhuh
ruh-ve-neer?)

AT THE PHARMACY —FRENCH

**Can you prepare this
prescription for me, please?**

Pouvez-vous me préparer cette
ordonnance, s'il vous plait?
(Poo-vay-voo muh
pray-pah-ray set
awr-dun-nawnse, see voo
play?)

Have you a small first-aid kit?

Avez-vous une petite trousse de
secours?
(Ah-vay-voo oon puh-teet troos
duh suh-koor?)

A bottle of aspirin, please.

Un tube d'aspirine, s'il vous
plait.
(Uhn toob dass-pee-reen, see
voo play.)

**Can you suggest something for
indigestion/constipation/
diarrhea?**

Pouvez-vous me recommander
quelque chose pour le mal à
l'estomac/ pour la constipation/
pour la diarrhée?
(Poo-vay-voo muh
rek-um-mawn-day kel-ke
shohz poor luh mahl ah)

AT THE PHARMACY—FRENCH

less-toh-mak / poor lah
kawn-stee-pah-syawn / poor
lah dyah-ray?)

**I want something for insect
bites.**

Je voudrais quelque chose
contre les piqures d'insectes.
(Zhuh voo-dray kel-ke shohz
shohz kawn-truh lay
pee-koor dan-sekt.)

**Can you give me something for
sunburn?**

Pouvez-vous me donner
quelque chose pour les coups
de soleil?
(Poo-vay-voo muh dun-nay
kel-ke shohz poor lay koo duh
soh-lay?)

I want some throat lozenges.

Je voudraise des pastilles pour la
gorge.
(Zhuh voo-dray day pass-tee
poor lah gawrz.)

A packet of razor blades, please.

Un paquet de lames de rasoir,
s'il vous plait.
(Uhn pah-ke duh lom duh
rah-zwahr, see voo play.)

**How much is this after-shave
lotion?**

Combien coute cette lotion
après-rasage?
(K'awm-byen koot set
loh-syawn
ah-pray-rah-sahzh?)

AT THE PHARMACY—FRENCH

A tube of toothpaste, please.

Un tube de pâte dentifrice, s'il vous plait.

(Uhn toob duh paht
dawn-tee-freeese, see voo
play.)

**A box of paper handkerchiefs,
please.**

Une Boîte de mouchoirs en
papier, s'il vous plait.

(Oon bwaht duh moo-shwahr
awn pah-pyay, see voo play.)

**I want some eau de cologne/
perfume.**

Je voudrais de
l'eau-de-cologne/ du parfum.

(Zhuh voo-dray duh
loh-duh-ku-lun/
doo parh-funh.)

May I try it?

Puis-je l'essayer?

(Pwee-zhuh less-ay-ay?)

**What kinds of toilet soap have
you?**

Quells marques de savonnets
avez-vous?

(Kel mark duh sah-vaw-net
ah-vay-voo?)

**A bottle/tube of shampoo,
please, for dry/oily hair.**

Un flacon/un tube de
shampooing pour cheveux
secs/gras, s'il vous plait.

(Uhn flah-kawnh/ uhn toob duh
shampoo-ing poor
shuh-vuh sek/ grah, see voo
play.)

DRUGS AND COSMETICS

Pharmacie—Produits de Beauté

Adhesive tape	Elastoplast (Eh-lahss-toh-plahst)
After-shave lotion	Lotion après rasage (Loh-syawn-ah-pray-rah-saj)
Alcohol	Alcool (Ahl-kool)
Antiseptic	Antiseptique (Awn-tee-sep-teek)
Bandage	Bandage (Bawn-dahzh)
Bath salts	Sels de bain (Sel-deh-baan)
Castor oil	Huile de ricin (Wee duh ree-san)
Cleansing cream	Crème de démaquillage (Krem duh day—mah-kee-yahzh)
Cotton	Quate (Kot)
Cough mixture/pastilles	Sirop/ pastilles pour la toux (See-ruh/ pahss-tee poor lah too)

AT THE PHARMACY—FRENCH

Deodorant	Déodorant (Day-oh-doh-rawnh)
Disinfectant	Désinfectant (Day-zan-fek-tanh)
Eau de Cologne	Eau de Cologne (Oh duh ko-lohn)
Eye lotion	Lotion pour les yeux (Loh-syawn poor lay zyuh)
Eye shadow	Yeux cernes (Yuh sainn)
Face/talcum powder	Poudre de riz (Poo-druh duh reese)
Flannel	Flanelle (Flah-nel)
Hair brush/spray	Brosse à cheveux/lacquer (Bruss ah shuh-vuh/lakr)
Hair clips/pins	Barrettes pour les cheveux (Bar-et poor lay shuh-vuh)
Hair cream/oil	Brillantine/lotion (Bree-awn-teen/loh-syawn)
Hair net	Filet (Fee-lay)
Headache pills	Pilules de mal de tête (Pee-lool duh mahl duh tet)

Laxative	Laxatif (Lak-sah-teef)
Lipstick	Rouge à levres (Roozh ah lev-ruh)
Mascara	Mascara (Mass-kah-rah)
Nail file	Lime à ongles (Leem ah awn-gluh)
Nail polish	Vernis à ongles (Vair-nee ah awn-gluh)
Nail polish remover	Dissolvant des ongles (Dee-sawl-vawnh day zawn-gluh)
Peroxide	Eaux oxygenee (Oh ok-see-zhen-ay)
Plaster	Emplâtre (Awm-plah-truh)
Quinine	Quinine (Kee-neen)
Razor blades	Lames de Razoir (Lah-mays day Rah-zhwar)
Rollers	Bigoudis (Bee-goo-dee)
Sanitary napkins	Serviettes hygieniques (Sair-vyet ee-zhyen-eeek)
Scissors	Ciseaux (Sec-zoh)

AT THE PHARMACY—FRENCH

Sedative	Sédatif (Say-dah-teef)
Shampoo	Shampooing (Shahm-pwaahn)
Shaving brush	Blaireau (Blay-roh)
Shaving soap/cream	Savon/crème pour la barbe (Sah-vawnh/krem poor lah barb)
Sponge	Sponge (Spunzh)
Sunburn ointment	Lotion contre le hâle (Loh-syawn kawn-truh lun ahl)
Suntan lotion	Lotion pour bronzer (Loh-syawn poor brawn-zay)
Tissues	Kleenex (Klee-nehx)
Toilet paper	Papier hygiénique (Pa-peeay eezh uhn-EEK)
Toothbrush	Brosse à dents (Brohs-ah-dahn)
Toothpaste	Pâte dentifrice (Paht dahn-tee-frees)

PROBLEMS AND ACCIDENTS —FRENCH

Where is the police station?	Où est le commissariat de police/ le gendarmerie? (Oo ay luh kaw-mee-sah-ree ah duh poh-leese/ luh zhawn-dahr-muh-ree?)
Call the police.	Appelez le police. (Ah-pu-lay-luh poh-leese.)
Where is the American Consulate?	Où est le consulat américain? (Oo ay luh kaw-nsool-tah ah-mair-ee-kanh)
Please let the Consulate know.	Veuillez informer le consulat, s'il vous plaît. (Vuh-yay an-fawr-may luh kaw-nsool-tah, see voo play.)
My bag/my wallet has been stolen.	On m'a volé mon sac/ mon portefeuille. (Awnh mah voh-lay mawnh sak/ mawnh port-foe-y.)

PROBLEMS AND ACCIDENTS—FRENCH

I found this in the street.

J'ai trouve ceci dans la rue.
(Zhay troo-vay suh-see dawnh
lah roo.)

**I've lost my luggage/passport/
travelers' checks.**

J'ai perdu mes bagages/ mon
passeport/ mes cheques de
voyage.
(Zhay pair-doo may
bah-gahzh/ mawnh
pass-pawr/ may chek duh
voy-ahzh.)

I have missed my train.

J'ai manque le train.
(Zhay mawn-kay luh tranh.)

My luggage is on board.

Mes valises sont à bord.
(May vah-leez sawnh ah bawr.)

Call a doctor.

Appelez un medicin.
(Ah-puh-lay uhn
may-duh-sanh.)

Call an ambulance.

Appelez une ambulance.
(Ah-puh-lay oon
am-byoo-lawnse.)

There has been an accident.

Il y a eu un accident.
(Eel yah oo uhn ak-see-dawnh.)

He is badly hurt.

Il est gravement blesse.
(Eel ay grahv-mawnh bless-ay.)

He has fainted.

Il s'est evanoui.
(Eel say ay-van-wee.)

He is losing blood.

Il perd du sang.
(Eel pair doo sawnh.)

**Please get some water/a
blanket/some bandages.**

Allez chercher un peu d'eau/
une couverture/ des
pansements, s'il vous plait.
(Ah-lay shair-shay uhn puh
doh/ ooh koo-vair-toor/ day
pawmse-mawnh, see voo
play.)

I've broken my glasses.

J'ai casse mes lunettes.
(Zhay kah-say may loo-net.)

I can't see.

Je ne peux pas voir.
(Zhuh nuh puh pah vwahr.)

A child has fallen in the water.

Un enfant est tombé dans l'eau.
(Uhn awn-fawnh ay tawm-bay
dawnh loh.)

A woman is drowning.

Il y a une femme qui se noie.
(Eel yah oon fom kee suh
nwah.)

First aid, quickly!

Premiers soins, toute suite!
(Preh-mee-ay swahn,
toot-sweet!)

**May I see your insurance
policy?**

Je voudrais voir votre police
d'assurance.
(Zhuh voo-dray vwahr
vut-ruh poh-leese
dah-soo-rawnse.)

PROBLEMS AND ACCIDENTS—FRENCH

**Apply to the insurance
company.**

Adressez-vous à la compagnie
d'assurance.

(Ah-dreh-say-voo ah lah
kohn-pah-nee
d'ah-sewrahns.)

**I want a copy of the police
report.**

Je voudrais une copie du
constat.

(Zhuh voo-dray oon kah-pee
doo kawn-stah.)

There is a bus strike.

Il y a une greve des autobus.

(Eel yah oon grev day
zoh-toh-boose.)

ITALIAN

AT THE DOCTOR'S —ITALIAN

Please call a doctor.

Mi vuol chiamare un dottore,
per favore.
(Mee vwohl kyam-ah-ray oon
dot-taw-ray, pair
fah-vaw-ray.)

**I must see a doctor; can you
recommend one?**

Debbo vedere un dottore. Puo
raccomandare uno?
(Deb-boh veh-dair-ay oon
dot-taw-ray. Pwoh
rah-koh-mahn-dah-ray
oo-noh?)

I am ill.

Mi sento poco bene.
(Mee sen-toh poh-koh bay-nay.)

I have difficulty breathing.

Non posso respirare.
(None poh-so ress-pee-rah-ray.)

I can't eat/sleep.

Non posso mangiare/dormire.
(None poh-so mahn-jyah-ray/
dawr-mee-ray.)

AT THE DOCTOR'S—ITALIAN

My nose keeps bleeding.

Mi esce sangue dal naso.
(Mee esh-ay sahn-gway dahl
nah-so.)

I have an earache.

Ho mal d'orecchi.
(Oh mal daw-rek-ye.)

I have a headache/fever.

Ho un dolor di testa/febbre.
(Aw oon doh-lohr dee tehs-tah/
feb-ray.)

I keep vomiting.

Mi viene spesso da vomitare.
(Mee vyay-nay spess-oh duh
vo-mee-tah-ray.)

I think I've caught flu.

Credo de aver preso l'influenza.
(Kray-doh duh ah-vair pray-soh
leen-floo-ent-suh.)

**I've had it since yesterday/for
a few hours.**

L'ho da due giorni/da alcune ore.
(Loh duh doo-ay jawr-nee/duh
al-koo-nay aw-ray.)

I am a diabetic.

Ho il diabete.
(Oh eel dyah-bay-tay.)

I feel dizzy.

Soffro di vertigini.
(Saw-froh dee vair-tee-jee-nee.)

I feel nauseous.

Mi sento nausea.
(Mee sen-toh nah-aw-zee-uh.)

I have diarrhea.

Ho diarrea.
(Aw-dee-ah-reh-ah.)

I have a pain here.

Ho un dolore qui.
(Oh oon doh-law-ray kwee.)

I have a pain in my right arm.

Ho un dolore al braccio destro.
(Oh oon doh-law-ray ahl
brach-yoh dess-troh.)

My wrist hurts.

Ho male al polso.
(Oh mah-lay ahl pohl-soh.)

I've burned/cut/hurt myself.

Mi sono bruciato/tagliato/
ammacato.
(Mee soh-noh broo-chyah-toh/
tah-lyah-toh/
ah-mah-kah-toh.)

**I think I've sprained/broken
my ankle.**

Credo di essermi slogata/rotta
la caviglia.
(Kray-doh dee ess-sair-mee
sloh-gah-tah/roh-tah lah
ka-vee-lyuh.)

I fell down and hurt my back.

Sono caduto e mi sono fatto
male alla schiena.
(Soh-noh kah-doo-toh ay mee
soh-noh fah-toh mah-lay
ahl-lah skyay-nuh.)

Is it broken/sprained?

E rotto/slogato?
(Ay roh-toh/sloh-gah-toh?)

AT THE DOCTOR'S—ITALIAN

My foot is swollen.

Ho i piedi gonfli.
(Oh ee pyay-dee gawn-flee.)

My stomach is upset.

Ho mal di stomaco.
(Oh mahl dee stoh-mah-koh.)

I have indigestion.

Ho preso una indigestione.
(Oh pray-soh oo-nuh
een-dee-jess-tyo-nay.)

My appetite is gone.

Non ho appetito.
None oh ap-pay-tee-toh.)

I think I have food poisoning.

Credo di aver mangiato del cibo
avariato.
(Kray-doh dee ah-vair
mann-jyah-toh dell chee-boh
ah-vah-ryah-toh.)

How old are you?

Quanti anni ha lei?
(Kwahn-tee ah-nee ah lay?)

What illnesses have you had?

Che malattie ha avuto?
(Kay mah-lah-tee-ay hah
ah-voo-toh?)

Have you medical insurance?

Ha lei un assicurazione medica?
(Hah lay-ee oon
ah-see-koor-ah-tsee-oh-nay
may-dee-kah?)

**What have you had to eat/
drink?**

Cosa ha avuto da bere/
mangiare?
(Ko-sah ha ah-voo-toh
dah-bay-ray/
mahn-jee-ah-ray?)

Please undress.

Si spogli, per favore.
(See spoh-lyee, pair
fah-vaw-ray.)

Please lie down.

Si sdrai, la prego.
(See sdray, lah pray-goh.)

Where does it hurt?

Dove le fa male?
(Doh-vay lay fah mah-lay?)

Have you a pain here?

Ha lei un dolore qui?
(Ah lay oon doh-law-ray kwee?)

**How long have you had the
pain?**

Da quanto tempo ha questo
dolore?
(Duh kwon-toh tem-poh ah
kwess-toh doh-law-ray?)

Open your mouth.

Vuole aprire la bocca.
(Vwoh-lay ah-pree-ray lah
boh-kuh.)

Put out your tongue.

Mi faccia vedere la lingua.
(Mee fach-yuh vay-day-ray lah
leen-gwuh.)

Breathe in.

Respiri.
(Ress-pee-ree.)

AT THE DOCTOR'S—ITALIAN

Does that hurt?

Le fa male?
(Lay fah mah-lay?)

You're hurting me.

Mi fa male.
(Mee fah mah-lay.)

A lot/a little?

Tanto/poco?
(Tahn-toh/poh-koh?)

Appendicitis

Appendicite
(Ah-pen-dee-chee-tay)

Burn

Bruciare (Broo-chyah-ray)

Cramp

Cramp (Kram-poh)

Food poisoning

Avvelenamento da cibi
(Ah-vel-en-ah-men-toh duh
chee-bee)

Heart attack

Attacco di cuore
(Ah-tah-koh dee kwaw-ray)

Hemorrhage

Emorragia
(Ay-maw-rah-jee-yuh)

Insect bite

Puntura d'insetto
(Pun-too-ruh din-set-toh)

Measles

Morbillo (Mawr-bee-oh)

Sunstroke

Insolazione
(Een-soh-lat-syoh-nay)

Typhoid fever

Tifo (Tee-foh)

Whooping cough

Pertosse (Pair-taw-suh)

**I'll give you some pills/
medicine.**

Le daro delle pillole/ medicine.
(Lay dah-ro day-lay
pee-loh-lay/
may-dee-chee-nay.)

**Take this two/three/four times
a day.**

Prenda questa medicina due/
tre/quattro volte al giorno.
(Prayn-duh kwess-tuh
may-dee-chee-nuh doo-ay/
tray/kwaht-roh vohl-tay al
jawr-noh.)

Before meals/after meals.

Prima dei pasti/dopo dei pasti.
(Pree-ma dayee pahstee/
doh-poh dayee pahstee.)

**Take this prescription to the
pharmacy.**

Porti questa ricetta alla
farmacia.
(Pawr-tee kwess-tuh
ree-chet-tuh al-luh
farm-uh-chee-uh.)

Roll up your sleeve.

Si tiri su la manica.
(See tee-ree soo lah
mah-nee-kuh.)

AT THE DOCTOR'S—ITALIAN

I'll give you an injection.

Le faccio una iniezione.
(Lay fah-choh oo-nuh
een-yets-yoh-nay.)

I'll put you on a diet.

Le metteró a dieta.
(Lay meh-tay-noh ah
dee-ay-tah.)

Come and see me again in two days.

Torni da me tra due giorni.
(Tawr-nee duh may trah doo-ay
jawr-nee.)

Your leg must be X-rayed.

Deve farsi fare i raggi X a questa
gamba.
(Deh-vay fahr-see ee rah-jee X
ah kwess-tuh gahm-buh.)

You must go to the hospital.

Deve ricoverarsi in ospedale.
(Deh-vay ree-koh-vair-ahr-see
een ohs-peh-dah-lay.)

Must I stay in bed?

Debbo rimanere a letto?
(Day-boh ree-mah-nay-ray ah
let-toh?)

You must stay in bed.

Deve rimanere a letto.
(Day-vay ree-mah-nay-ray ah
let-toh.)

Will you come see me again?

Torna di nuovo a farmi una
vista?
(Tawr-nee dee nwoh-voh ah
far-mee oo-nuh vee-zee-tuh?)

How much do I owe you?

Quanto le debbo?
(Kwan-toh lay day-boh?)

I feel better now.

Adesso mi sento meglio.
(Ah-dess-oh mee sen-toh
may-lyoh.)

When can I travel again?

Quando crede che posse partire?
(Kwahn-doh kray-day ke
poh-so par-tee-ray?)

PARTS OF THE BODY—ITALIAN

Abdomen

Ventre (Ven-tray)

Ankle

Caviglia (Kah-vee-lyuh)

Arm

Braccio (Brah-chee-oh)

Armpit

Ascella (Ahs-chel-luh)

Back

Dorso (Dawr-soh)

Bladder

Vescica (Ves-chee-kuh)

Bone

Osso (Aw-soh)

Calf

Palpaccio (Pal-pah-chyoh)

Cheek

Quancia (Kwahn-chyuh)

Chest

Torace (Taw-rah-chay)

Chin

Mento (Men-toh)

Ear

Orecchio (Aw-rek-yoh)

Eye

Occhio (Awk-yoh)

Face

Viso (Vee-soh)

Finger

Dito (Dee-toh)

Foot

Piede (Pyay-day)

Forehead

Fronte (Fron-tay)

Hand

Mano (Mah-noh)

Head

Testa (Tess-tuh)

Heart

Cuore (Koo-oh-ray)

AT THE DOCTOR'S—ITALIAN

Hip	Fianco (Fyahn-koh)
Intestine	Intestino (In-tess-tee-noh)
Kidney	Rene (Ray-nay)
Leg	Gamba (Gahm-buh)
Liver	Fegato (Fay-gah-toh)
Mouth	Bocca (Boh-kuh)
Muscle	Muscolo (Moos-koh-loh)
Nape	Nuca (Noo-kuh)
Nose	Naso (Nah-zoh)
Pulse	Polso (Pohl-soh)
Rib	Costola (Kaw-stoh-luh)
Scalp	Scalpo (Skahl-poh)
Shoulder	Coscia (Kaw-shyuh)
Skin	Pelle (Pel-lay)
Skull	Cranio (Krah-nyoh)
Spine	Spina dorsale (Spee-nuh dawr-sah-lay)
Stomach	Stomaco (Stoh-mah-koh)
Temple	Tempia (Tem-pyuh)
Thigh	Polso (Pohl-soh)
Throat	Gola (Goh-luh)
Toe	Pollice (Pol-ee-chay)
Tongue	Lingua (Lin-gwah)
Wrist	Spalla (Spah-luh)

AT THE DENTIST'S —ITALIAN

I must see a dentist.

Debbo vedere un dentista.
(Day-boh vay-day-ray oon
den-tee-stuh.)

**Can I make an appointment
with the dentist?**

Posso fissare un appuntamento
col dentista?
(Poh-soh fee-sah-ray oon
ah-poon-tah-men-toh kohl
den-tees-tuh?)

As soon as possible.

Il piu presto possibile.
(Eel pyoo press-toh
poss-ee-bee-lay.)

I have a toothache.

Ho mal di denti.
(Oh mahl dee den-tee.)

This tooth hurts.

Questo dente mi fa male.
(Kwess-toh den-tay mee fah
mah-lay.)

I've lost a filling.

Mi e caduta l'otturazione.
(Mee ay kah-doo-tuh
lawt-too-rat-syoh-nay.)

AT THE DENTIST'S—ITALIAN

Can you fill it?

Puo otturarlo?
(Pwoh awt-too-rar-loh?)

Can you do it now?

Puo farlo adesso?
(Pwoh far-loh ah-dess-oh?)

**My gums are swollen/keep
bleeding.**

Le mie gengive sono gonfie/
continuano a sanguinare.
(Lay mee-ay jen-jee-vay
soh-noh gawn-fee-ay/
kawn-teen-yoo-ah-noh ah
san-gwee-nah-ray.)

**I've broken my plate; can you
repair it?**

Mi si e rotta la dentiera. Puo
ripararla?
(Mee see ay roh-tuh lah
den-tyay-ruh.
Pwoh ree-par-ar-luh?)

Please rinse your mouth.

Si sciaqui la bocca, per favore.
(See shee-ah-kwee lah
baw-chuh, pair fah-vaw-ray.)

I will X-ray your mouth.

Le faccio la radiografia ai denti.
(Lay fah-chyoh lah
rah-dee-oh-gra-fee-yuh
ah-ee den-tee.)

You have an abscess.

Ha un ascesso.
(Ah oon ah-shees-oh.)

The nerve is exposed.

Il nervo e esposto.
(Eel nair-voh ay ess-pos-toh.)

Will you take the tooth out?

Mi deve toglierle il dente?
(Mee deh-vay tuh-lyair-ay eel
den-tay?)

This tooth will have to come out.

Questo dente bisogna toglierlo.
(Kwess-toh den-tay
bee-soh-nyuh tuh-lyair-lo.)

**Please give me an injection
first.**

Per favore, mi faccia una
iniezione prima.
(Pair fah-vaw-ray, mee
fah-chyuh oo-nuh
een-yets-yohn-ay pree-muh.)

You're hurting me.

Mi fa male.
(Mee fah mah-lay.)

How much do I owe you?

Quanto le debbo?
(Kwan-toh lay deb-boh?)

When should I come again?

Quando debbo tornare?
(Kwahn-doh deb-boh
tawr-nah-ray?)

AT THE PHARMACY —ITALIAN

**Can you prepare this
prescription for me, please?**

Mi puo preparare questa ricetta,
per favore?
(Mee pwoh pray-pah-rah-ray
kwess-tuh ree-chet-tuh, pair
fah-vaw-ray?)

Have you a small first-aid kit?

Ha una valigetta pronto
seccorse?
(Ah oo-nuh vah-lee-get-tuh
pron-toh seh-kawr-say?)

A bottle of aspirin, please.

Una boccetta di aspirine, per
favore.
(Oo-nuh baw-chet-tuh dee
ass-pee-ree-nay, pair
fah-vaw-ray.)

**Can you suggest something for
indigestion/constipation/
diarrhea?**

Mi puo indicare qualcoso contro
l'indigestione/ la stitichezza/
la diarrea?
(Mee pwoh een-dee-kah-ray
kwahl-koh-zuh kawn-troh
leen-dee-jes-tyoh-nay/ lah
stee-tee-ket-zuh/ la
dee-uh-ree-uh?)

AT THE PHARMACY—ITALIAN

I want something for insect bites.

Voglio qualcosa contro i morsi degli insetti.

(Vole-yoh kwahl-koh-suh
kāwn-troh ee mawr-see
day-lyee een-set-tee.)

Can you give me something for sunburn?

Mi puo dare qualcosa contro bruciature de sole?

(Mee pwoh dah-ray
kwahl-koh-suh kawn-troh
broo-chya-too-ray duh
soh-lay?)

I want some throat lozenges.

Vorrei delle pasticche per la gola.
(Vaw-ray del-lay pass-tee-kay
pair lah goh-luh.)

A packet of razor blades, please.

Un pacchetto di lamette da barba, per favore.

(Oon pah-ket-oh dee la-met-tay
duh bar-buh, pair
fah-vaw-ray.)

How much is this aftershave lotion?

Quanto costa questa lozione per barba?

(Kwan-toh koh-stuh
kwess-tuh loh-tsyoh-nay pair
bar-buh?)

A tube of toothpaste, please.

Un dentifricio, per favore.

(Oon den-tee-free-chyoh, pair
fah-vaw-ray.)

AT THE PHARMACY—ITALIAN

**A box of paper handkerchiefs,
please.**

Una scatola de fazzoletti di
carta, per favore.
(Oo-nuh ska-toh-luh de
fah-tsoh-let-tee dee kar-tuh,
pair fah-vaw-ray.)

**I want some eau de cologne/
perfume.**

Vorrei dell'acque de colonia/ un
profumo.
(Vaw-ray dell'ak-wuh duh
koh-loh-nee/
oon proh-foo-moh.)

What kinds of soap have you?

Che saponi avete?
(Kay sah-poh-nee ah-vay-tay?)

**A bottle/tube of shampoo,
please, for dry/oily hair.**

Una bottiglia/ una bustina di
shampoo per capelli secchi/
grassi.
(Oo-nuh bot-tee-lyuh/ oo-nuh
boo-stee-nuh dee sham-poh
pair kah-pel-lee sech-ee/
grah-see.)

DRUGS AND COSMETICS—ITALIAN

Adhesive tape

Cerotto (Chay-roh-toh)

Aftershave lotion

Dopo barba (Dope-o bahr-bah)

Alcohol

Spirito (Spee-ree-toh)

Antiseptic

Antisettico (An-tee-set-tee-koh)

AT THE PHARMACY—ITALIAN

Bandage	Fascia (Fash-yuh)
Bath salts	Sali da bagno (Sah-lee da bah-nyoh)
Castor oil	Olio di ricino (Oh-lyoh dee ree-chee-noh)
Cleansing cream	Crema per toeletta (Kray-muh pair to-lett-uh)
Cotton	Ovatta (Oh-vah-tuh)
Cough mixture/pastilles	Sciroppo/ pastiglie per la tosse (Shee-rop-poh/ pass-tee-lyay pair lah taw-say)
Deodorant	Deodorante (Day-oh-doh-ran-toy)
Disinfectant	Disinfettante (Dis-in-fet-tan-tay)
Eau de Cologne	Aqua di Colonia (Ak-wuh dee Koh-loh-nee-uh)
Eye lotion	Lozione per gli occhi (Loh-tsyoh-nay pair lyee aw-kee)
Eye shadow	Colore per gli occhi (Koh-law-ray pair lyee aw-kee)

Face/talcum powder	Cipria/ borotalco (Chee-pree-uh/ baw-roh-tal-koh)
Flannel	Flanella (Flah-nel-luh)
Hairbrush/spray	Spazzola per capelli/ lacca (Spah-tsoh-luh pair kah-pel-lee/ lah-kuh)
Hair clips/pins	Ferma capelli/ (Fair-muh kah-pel-lee/
Hair cream/oil	Crema/ olio per capelli (Kray-muh/ oh-lyoh pair kah-pel-lee)
Hair net	Rete per capelli (Ray-tay pair kah-pel-lee)
Headache pills	Pilole per mal di testa (Pee-loh-lay pair mahl dee tess-tuh)
Laxative	Lassativo (Lass-uh-tee-voh)
Lipstick	Rossetto per labbra (Ro-set-toh pair lah-bruh)
Mascara	Rimmel (Rim-mel)
Nail file	Lima per unghie (Lee-muh pair un-gyay)

AT THE PHARMACY—ITALIAN

Nail polish	Lacca per unghie (La-kuh pair un-gyay)
Nail polish remover	Acetone (Ah-chay-toh-nay)
Peroxide	Aqua ossigenata (Ak-wuh aw-see-gen-at-uh)
Plaster	Cerotto (Chay-roh-toh)
Quinine	Chinino (Kee-nee-noh)
Razor blades	Lametta per rasoio / per la barba (Lah-may-tah pehr rah-zoy-ee-o pehr lah bahr-bah)
Rollers	Bidogini (Bee-doh-jee-nee)
Sanitary napkins	Salviettine igieniche (Sal-vyay-tee-nay ee-jyay-nee-kay)
Scissors	Forbici (Fawr-bee-chee)
Sedative	Sedativo (Say-dah-tee-voh)
Shampoo	Lavaggio dei capelli (Lah-vah-gyee-o day-ee ca-peh-lee)
Shaving brush	Pennello da barba (Pen-nel-loh dah bar-buh)

AT THE PHARMACY—ITALIAN

Shaving soap/cream

Sapone/crema da barba
(Sah-poh-nay/ kray-muh da
bar-buh)

Sponge

Spugna (Spoo-nyuh)

Sunburn ointment

Pomata per la scottatura da sole
(Poh-mah-tuh pair lah
skot-tah-too-ruh duh soh-lay)

Tissues

Fazzoletti di carta
(Faht-soh-let-tee dee kar-tuh)

Toilet paper

Carta igienica
(Kahr-tah eezheh-nee-kah)

Toothbrush

Spazzolino da denti
(Spats-oh-lee-noh dah den-tee)

Toothpaste

Dentifricio
(Dehn-tee-free-chee-oh)

PROBLEMS AND ACCIDENTS —ITALIAN

Where's the police station?

Dov'è il posto di polizia?
(Doh-vay eel post-oh dee
poh-lee-tsee-uh?)

Call the police.

Chiami la polizia.
(Kyah-mee lah poh-lee-tsee-uh.)

**Where is the American
Consulate?**

Dov'è il consolato americano?
(Doh-vay eel kon-soh-lah-toh
ah-mair-ee-kah-noh?)

Please let the Consulate know.

Informi il consolato, per favore.
(Een-fawr-mee eel
kon-soh-lah-toh, pair
fah-vaw-ray.)

My bag/wallet has been stolen.

Mi hanno rubato la borso/il
porta-foglio.
(Mee ah-noh roo-bah-toh lah
bawr-suh/eel
pawr-tuh-foh-lyoh.)

I found this in the street.

Ho trovato questa per la strada.
(Oh troh-vah-toh kwess-tuh
pair lah strah-duh.)

PROBLEMS AND ACCIDENTS—ITALIAN

**I have lost my luggage/
passport/travelers' checks.**

Ho perso i bagagli/il
passaporte/il blocchetto degli
assegni turistici.
(Oh pair-soh ee bah-gah-lyee/
eel pass-uh-pawr-tay/eel
blok-et-toh day-lyee
ass-sen-yee tur-ee-stee-chee.)

I have missed my train.

Ho perso il treno.
(Oh pair-soh eel tray-noh.)

My luggage is on board.

I miei bagagli sono a bordo.
(Ee myay-ee bah-gag-lyee
soh-noh ah bawr-doh.)

Call a doctor.

Chiami un dottore.
(Kyah-mee oon dot-taw-ray.)

Call an ambulance.

Chiami un ambulanza.
(Kyah-mee oon
am-boo-lahn-tsu.)

There has been an accident.

C'è stato un incidente.
(Chay stah-toh oon
een-cee-den-tay.)

He is badly hurt.

E ferito gravemente.
(Ay fair-ee-toh
gah-ve-men-tay.)

He has fainted.

E svenuto.
(Ay sveh-noo-toh.)

PROBLEMS AND ACCIDENTS—ITALIAN

He is losing blood.

Perde sangue.
(Pair-day san-gway.)

**Please get some water/a
blanket/some bandages.**

Porti un po' d'acqua/ una
coperta/ delle fascie, per
favore.
(Pawr-tee oon poh dack-wuh/
oo-nuh koh-pair-tuh/ del-lay
fash-yay, pair fah-vaw-ray.)

I've broken my glasses.

Ho rotto gli occhiali.
(Oh roh-toh lyee awk-yah-lee.)

I can't see.

Non posso vedere.
(None poh-soh ve-day-ray.)

A child has fallen in the water.

Un ragazzo è cascato nell'acqua.
(Oon rah-gat-soh ay cas-kah-to
nell' ak-wuh.)

A woman is drowning.

Una donna sta affogando.
(Oo-nah doh-nnah stah
ah-foh-gahn-doh.)

First aid, quickly.

Il pronto soccorso, subito.
(Eel pron-toh soh-cawr-soh,
soo-bee-toh.)

May I see your insurance policy?

Posso vedere la sua polizza
d'assi-curazione?
(Poh-soh ve-day-ray lah soo-uh
poh-lee-tsu
dass-see-kur-aht-syoh-nay?)

PROBLEMS and ACCIDENTS—ITALIAN

**Apply to the insurance
company.**

Faccia richiesta alla compagnia
di assicurazione.

(Fah-khee-ah ree-kee-ay-stah
ah-lah kom-pah-nee-ah dee
ah-see-koor-ah-tsee-oh-nay.)

**I want a copy of the police
report.**

Voglio una copia del verbale di
polizia.

(Voh-lyoh oo-nuh koh-pee-yuh
dell vair-bah-lay dee
poh-lee-tsee-yuh.)

There is a bus strike.

C'e lo sciopero degli autobus.

(Chay loh shoh-pair-oh
day-lyee oh-toh-boos.)

GERMAN

AT THE DOCTOR'S —GERMAN

Please call a doctor.

Bitte, rufen Sie einen Arzt.
(Bit-teh, roo-fen Zee eye-nen
Artst.)

**I must see a doctor; can you
recommend one?**

Ich muss zum Arzt; können Sie
mir einen empfehlen?
(Ikh moos tsoom Artst; ker-nen
Zee meer eye-nen
emp-feh-len?)

I am ill.

Ich bin krank.
(Ikh bin krunk.)

I have difficulty breathing.

Ich habe Schwierigkeiten beim
Atmen.
(Ikh hah-beh Shveer-ig-kite-en
bime Aht-men.)

I can't eat/sleep.

Ich kann nicht essen/nicht
schlafen.
(Ikh kon neekht ess-en/neekht
shlah-fen.)

AT THE DOCTOR'S—GERMAN

My nose keeps bleeding.

Meine Nase Blutet immer.
(My-ner Nah-ser Bloo-tet
im-mer.)

I have an earache.

Ich habe Ohrenschmerzen.
(Ikh hah-beh
Aw-ren-shmair-tsen.)

I keep vomiting.

Ich muss mich immer
übergeben.
(Ikh mooss mikh im-mer
er-ber-gah-ben.)

I think I've caught flu.

Ich glaube, ich habe Grippe.
(Ikh glow-beh, ikh hah-ber
Gree-per.)

**I've had it since yesterday/for a
few hours.**

Ich habe es seit gestern/ein paar
Stunden.
(Ikh hah-beh ess site gesh-turh/
ine par Schtoon-den.)

I am a diabetic.

Ich bin zuckerkrank.
(Ikh ben tsoo-ker-krunck.)

I am allergic to . . .

Ich bin allergisch in bezug auf . . .
(Ikh been ahl-lair-gisch in
bet-soog owf . . .)

I feel dizzy.

Mir ist schwindlig.
(Meer isht shvind-lig.)

I feel nauseous.

Mir ist schlecht.
(Meer isht shlekht.)

I have diarrhea.

Ich habe den Durch-fall.
(Ikh hah-beh dayn Durc-fal.)

I have a pain here.

Ich habe Schmerzen hier.
(Ikh hah-beh shmair-tsen here.)

I have a pain in my right arm.

Ich habe Schmerzen im rechten
Arm.
(Ikh hah-beh Shmair-tsen im
rekh-ten Ahrm.)

My wrist hurts.

Mein Handgelenk tut mir weh.
(Mine Hunt-ge-lenk toot meer
vay.)

I've burned/cut/hurt myself.

Ich habe mich verbrannt/
geschnitten/ gestossen,
gequetscht.
(Ikh hah-beh meekh fair-brant/
ges-nit-ten/ gesh-taws-sen,
ge-kvetscht.)

**I think I've sprained/broken my
ankle.**

Ich glaube, ich habe mir den
Fuss verstaucht/ den Knöchel
gebrochen.
(Ikh glob-veh, ikh hah-ber meer
den Fuhss fair-shtowkht/ den
Kner-khell geb-rokh-en.)

AT THE DOCTOR'S—GERMAN

I fell down and hurt my back.

Ich bin hingefallen und habe mir
den Rucken verletzt.
(Ikh bin hing-er-full-en unt
hah-ber meer den Ruick-en
fair-letst.)

Is it broken/sprained?

Ist es gebrochen/ rerrenkt.
(Ist-es ge-bro-khun/ fer-ronkt.)

My foot is swollen.

Mein Fuss ist geschwollen.
(Mine Fuhss isht gesh-vohl-len.)

My stomach is upset.

Ich habe Magenbeschwerden.
(Ikh hah-beh
Mah-gen-besh-vair-den.)

I have indigestion.

Ich habe Verdauungsstörungen.
(Ikh hah-beh
Fair-dow-uhngs-shter-uhng.)

My appetite is gone.

Ich habe den Appetit verloren.
(Ikh ha-beh den Uh-pay-teet
fair-law-ren.)

I think I have food poisoning.

Ich glaube, ich habe eine
Lebensmittelvergiftung.
(Ikh glow-beh, ikh hah-ber
eye-ner
Lay-ben-smit-tel-fair-gif-
tuhng.)

How old are you?

Wie alt sind Sie?
(Vee ahlt zint Zee?)

What illnesses have you had?

Welche krankheiten haben Sie gehabt?

(Vayl-kheh krunk-ay-ten
hah-ben Zee ge-habt?)

Have you medical insurance?

Sind Sie in einer Krankenkasse?

(Zint Zee in eye-ner
Krun-ken-kas-ser?)

**What have you had to
eat/drink?**

Was haben Sie

gegessen/getrunken?

(Vass hah-ben Zee
geh-ges-sen/geh-troon-ken?)

Please undress.

Ziehen Sie, bitte.

(Tsee-en Zee, bit-teh.)

Please lie down.

Bitte, Legen Sie sich hin.

(Bittah Lay-guhn Zee zic hin.)

Where does it hurt?

Wo tut es weh?

(Voh tut ess veh?)

Have you a pain here?

Haben Sie hier Schmerzen?

(Hah-ben Zee here Shmair-tsen?)

**How long have you had the
pain?**

Seit wann haben Sie die
Schmerzen?

(Zite vahn hah-ben Zee dee
Shmair-tsen?)

Open your mouth.

Machen Zie den Mund auf.

(Mahkh-en Zee den Moont
owff.)

AT THE DOCTOR'S—GERMAN

Put out your tongue.

Stecken Sie die Zunge raus.
(Shte-khen Zee dee Tsoon-ger
rowss.)

Breathe in.

Einatmen.
(Ine-at-men.)

Does that hurt?

Tut das weh?
(Tuht dass veh?)

You're hurting me.

Sie tun mir weh.
(Zee toon meer veh.)

A lot/a little?

Sehr/ Ein wenig?
(Zair/ Ine veh-nig?)

Appendix

Blinddarm
(Bleen-darm)

Burn

Brennen
(Brennen)

Cramp

Krampf
(Krumpf)

Food poisoning

Lebensmittelvergiftung
(Lay-ben-shmit-tel-fair-gif-tunk)

Heart attack

Herzanfall
(Hair-tsen-full)

Hemorrhage

Blutung
(Bloo-tunk)

Insect bite

Insektenstich
(In-sek-ten-stikh)

Measles

Masern
(Mah-zern)

Sunstroke

Sonnenstich
(Zun-nen-stikh)

Typhoid fever

Typhus
(Tee-foos)

Whooping cough

Keuchhusten
(Koy-khoo-sten)

AT THE DOCTOR'S—GERMAN

**I'll give you some pills/
medicine.**

Ich werde Ihnen Pillen/
Tabletten/ Arznei (Medizin)
geben.

(Ikh vair-deh Eye-nen Pil-len/
Tab-let-ten/ Arts-neye
[May-dits-in] gay-ben.)

**Take this two/three/four times
a day.**

Nehmen Sie dieses dreimal
täglich ein.

(Nay-men Zee dee-zess
dray-mal tay-gleekh ine.)

Before meals/after meals.

Vorher/Nach Mahlzeiten.
(Vawr-her/ Nahkh
Mahl-tsy-ten.)

**Take this prescription to the
chemist's.**

Bringen Sie dises Rezept in die
Apotheke.

(Bring-en Zee dee-zess Rets-ept
in dee Ah-poh-tuh-ker.)

Roll up your sleeve.

Rollen Sie den Ärmel auf.

(Rol-len Zee den Air-mel owf.)

I'll give you an injection.

Ich gebe Ihnen eine Spritze.

(Ikh gay-beh Ee-nen eye-ner
Shprit-ser.)

I'll put you on a diet.

Ich werde Sie auf Diät setzen.

(Ikh vair-deh Zee owff De-ayt
set-sen.)

Come and see me again in two days.

Kommen Sie in zwei Tagen
Wieder.

(Kum-mun Zee een tsvee
Tah-gen Vee-der.)

Your leg must be X-rayed.

Ihr Bein muss geröntgt werden.
(Eer Bayn mooss gayr-ernt
vair-den.)

You must go to the hospital.

Sie müssen ins Krankenhhaus.
(Zee moo-sen insh
Krun-ken-howss.)

Must I stay in bed?

Muss ich im Bett bleiben?
(Moose ikh im Bet bly-ben?)

You must stay in bed.

Sie müssen im Bett bleiben.
(Zee mer-sen im Bet bly-ben.)

Will you come see me again?

Kommen Sie wieder?
(Kum-men Zee vy-der?)

How much do I owe you?

Weiviel schulde ich Ihnen?
(Vy-veel shul-deh ikh Ay-nen?)

I feel better now.

Mir geht es yetst wieder besser.
(Meer get ess yetst vee-der
bess-er.)

When can I travel again?

Wann kann ich wieder revisen?
(Vahn kahn ikh vee-der
ruh-vee-sen?)

PARTS OF THE BODY

Abdomen	Unterleib (Oont-er-leebe)
Ankle	Fussknöchel (Fooss-kner-kel)
Armpit	Unterarm (Oon-ter-arm)
Back	Rücken (Rer-khen)
Bladder	Blase (Blu-ser)
Bone	Knochen (K-nokh-en)
Calf	Wade (Vah-der)
Cheek	Backe (Back-er)
Chest	Brust (Broost)
Chin	Kinn (Kin)
Ear	Ohr (Awr)
Eye	Auge (Ow-ger)
Face	Gesicht (Ge-zikht)
Finger	Finger (Finger)
Foot	Fuss (Fooss)
Forehead	Stirn (Stern)
Hand	Hand (Hont)
Head	Kopf (Kopf)
Heart	Herz (Hair-ts)
Hip	Hüfte (Her-fter)
Intestine	Eingeweide (Ine-ge-vyder)
Kidney	Nieren (Nee-ren)
Leg	Bein (Bine)
Liver	Leber (Lay-ber)
Mouth	Mund (Moont)
Muscle	Muskel (Mus-kel)
Nape	Nacken (Nakh-en)
Nose	Nase (Nah-zer)
Pulse	Puls (Poolz)
Rib	Rippe (Rip-per)
Scalp	Kopfhaut (Kopf-howt)

Shoulder	Schulter (Shool-tair)
Skin	Haut (Howt)
Skull	Schadel (Shuh-del)
Spine	Rückgrat (Ruick-graht)
Stomach	Magen (Mah-gen)
Temple	Schlafe (Shlah-fer)
Thigh	Schenkel (Shen-kel)
Toe	Zehe (Zee-hay)
Tongue	Zunge (Tsoon-ger)
Wrist	Handgelenk (Hunt-gelenk)

AT THE DENTIST —GERMAN

I must see a dentist.

Ich muss zum Zahnarzt.
(Ikh moose tsuhn Tsahr-nartst.)

**Can I make an appointment
with the dentist?**

Kann ich mich anmelden?
(Kon ikh mikh un-mek-den?)

As soon as possible.

Sobald wie möglich, bitte.
(Zoh-balt vee merg-likh, bitteh.)

I have a toothache.

Ich habe Zahnschmerzen.
(Ikh hah-ber
Tsahn-shmair-tsen.)

This tooth hurts.

Dieser Zahn tut weh.
(Dee-zer Tsahn toot veh.)

I've lost a filling.

Ich habe eine füllung (Plombe)
Verloren.
(Ikh hah-beh eye-ner fer-loong
[Plawm-ber] Fair-law-ren.)

AT THE DENTIST'S—GERMAN

Can you fill it?

Können Sie ihn plombieren
(füllen)?
(Ker-nen Zee in plom-beer-en
[fer-len]?)

Can you do it now?

Können Sie es jetzt machen?
(Ker-nen Zee ess yetst
mah-khen?)

**My gums are swollen/keep
bleeding.**

Mein Zahnfleisch ist
geschwollen/ blutet immer.
(Mine Tsahn-flysh isht
gesh-vohl-len/ bloo-tet
im-mer.)

**I've broken my plate; can you
repair it?**

Mein Gebiss ist zerbrochen;
können Sie es weider in
Ordnung bringen?
(Mine Geh-bis isht
tsair-bro-khen; ker-nen Zee
es vy-der in Awr-d-nung
brin-gen?)

Please rinse your mouth.

Bitte spülen Sie den Mund aus.
(Bit-teh sper-len Zee den Moont
owss.)

I will X-ray your mouth.

Ich werde Ihre Zähne röntgen.
(Ikh vair-deh Ear-rer Tsai-ner
rernt-gen.)

AT THE DENTIST'S—GERMAN

You have an abscess.

Sie haben ein Geschwür/einen
Abzess.

(Zee hah-ben ine Gesh-ver/
eye-nen Ahb-sess.)

The nerve is exposed.

Der Nerv is blossgelegt.
(Der Nerf is blawsh-gel-egt.)

Will you take the tooth out?

Werden Sie den Zahn ziehen?
(Vair-den Zee den Tsahn

AT THE PHARMACY —GERMAN

**Can you prepare this
prescription for me, please?**

Können Sie bitte dieses Rezept
für mich zubereiten?
(Ker-nen Zee bitteh dee zes
Rets-ept fer mikh
tsoo-ber-eye-ten?)

Have you a small first-aid kit?

Haben Sie einen kleinen
Verbandkasten?
(Hah-ben Zee eye-nen kly-nen
Fair-bund-kass-ten?)

A bottle of aspirin, please.

Eine Flasche Aspirin, bitte.
(Eye-ner Flash-er Ass-pi-rin,
bitteh.)

**Can you suggest something for
indigestion/constipation/
diarrhea?**

Können Sie etwas vorschlagen
gegen Verdauungsstörung/
Verstopfung/Durch-fall?)
(Ker-nen Zee et-vahss
for-shol-lah-gen gay-gen
Fair-dow-oongst-shter-oong/
Fair-shtop-foong/
Doorkh-fahl?)

AT THE PHARMACY—GERMAN

I want something for insect bites.

Ich möchte etwas gegen
Insektenstiche.
(Ikh merkh-teh et-vahss gay-gen
In-sek-shti-kher.)

Can you give me something for sunburn?

Können Sie mir etwas gegen
Sonnen-brand geben?
(Ker-nen Zee meer et-vass
gay-gen Sun-nen-bront
gay-ben?)

I want some throat lozenges.

Ich möchte Hustenpastillen.
(Ikh merkh-teh
Hush-ten-pahss-till-en.)

A packet of razor blades, please.

Eine Schachtel Rasierklingen
bitte.
(Eye-neh shokh-tell
Ra-zeer-klin-gen, bitteh.)

How much is this aftershave lotion?

Wie teuer ist dieses
Rasierwasser?
(Vee toy-er isht dee-ses
Raz-eer-wahss-er?)

A tube of toothpaste, please.

Eine Tube Zanhpasta, bitte.
(Eye-ner Too-beh Tsahn-pusta,
bitteh.)

A box of paper handkerchiefs, please.

Eine Schachtel
Papiertaschentüche bitte.
(Eye-ner Shukh-tel
Pup-eer-tash-en-terkh-er
bit-teh.)

AT THE PHARMACY—GERMAN

**I want some eau de cologne/
perfume.**

Ich möchte Kolnisch Wasser/
Parfum.
(Ikh merkh-tear kol-nish
voss-er/pahr-fuim.)

May I try it?

Kann ich es ausprobieren?
(Kahn ikh ess
owss-proh-beer-en?)

**What kinds of toilet soap have
you?**

Welche Arten von Seife haben
Sie?
(Vel-kher Ar-ten von Zy-fer
hah-ben zee?)

**A bottle/tube of shampoo,
please, for dry/oily hair.**

Eine Flasche/Tube Schampoo
bitte für trockenes/fettinges
Haar.
(Eye-neh Flash-eh/Too-beh
Shum-poo bit-teh fer
trok-en-es/fet-tin-ges Har.)

DRUGS AND COSMETICS

Adhesive tape

Leukoplast
(Loo-ko-plust)

Aftershave lotion

Rasierwasser
(Rah-zeer-vah-ser)

Alcohol

Alkohol (Al-ko-hol)

Antiseptic

Antiseptshes
(Antisep-tishes)

AT THE PHARMACY—GERMAN

Bandage	Verband (Fair-bunt)
Bath salts	Badelsalz (Bah-del-salts)
Castor oil	Rizinusöl (Ree-zee-noo-zerl)
Cleansing cream	Nachtcreme (Nahkht-cray-mer)
Cotton	Watte (Vah-ter)
Cough mixture/pastilles	Husten-mittel/ bon-bons (Hus-ten-mittel/ bon-bons)
Deodorant	Desodorierende (Days-oh-do-reer-ender)
Disinfectant	Desinfiziermittel (Days-in-fee-tseer-mittel)
Eye lotion	Augenspülung (Ow-gens-poo-lunk)
Eye shadow	Lidschatten (Lit-shut-ten)
Face/talcum powder	Gesichts/ talk-puder (Ge-sikhts/ talk-poo-der)
Flannel	Waschlappen (Vash-lup-pen)
Hairbrush/spray (lacquer)	Haarbürste (Har-ber-ster)
Hair clips/pins	Haarspange (Har-span-ger)

Hair cream/oil	Haar-creme/öl (Har-cray-mer/erl)
Hair net	Haarners (Har-nets)
Headache pills	Kopfweh pillen (Kopf-ve pil-len)
Laxative	Abführendes (Ob-fer-ent-es)
Lipstick	Lippenstift (Lip-pen-stift)
Mascara	Augenbrauenfarbe (Ow-gen-brow-en-far-ber)
Nail file	Nagel-feile (Nah-gel-fy-ler)
Nail polish	Nagellack (Nu-gel-luck)
Nail polish remover	Nagellack entferner (Nu-gel-luck ent-fair-mer)
Peroxide	Wasserstoffsuopperoxyd (Wah-ser-shtof-zup-per-oks-yd)
Plaster	Pflaster (Pflust-er)
Quinine	Chinin (Khee-nin)
Razor blades	Rasierapparat (Rah-zeer-ap-pu-rat)
Rollers	Lockenwickel (Lock-en-vick-el)

AT THE PHARMACY—GERMAN

Sanitary napkins	Damenbinde (Day-men-bin-der)
Scissors	Nagelschere (Nah-gel-shair-er)
Sedative	Beruhigungsmittel (Bair-oo-ig-ung-shmit-tel)
Shampoo	
Shaving brush	Rasier-pinsel (Rah-zeer-pin-zel)
Shaving soap/cream	Rasier-seife/creme (Rah-zeer-sy-fer/kray-mer)
Sponge	Schwamm (Shvahmm)
Sunburn ointment	Sonnennsalbe (Zun-nen-zul-ber)
Suntan lotion	Sonnen-öl (Zun-nen-erl)
Tissues	Kleenex
Toothbrush	Zahnbürste
Toothpaste	Zahnpasta
Toilet paper	Toilettpapier (Toy-lett-pa-peer)

PROBLEMS AND ACCIDENTS —GERMAN

Where's the police station?

Wo ist die Polizeiwache?
(Voh isht dee
Poh-leet-see-wukh-er?)

Call the police.

Rufen Sie die Polizei.
(Roo-fen Zee dee poh-leet-see.)

**Where is the American
Consulate?**

Wo ist das amerikanisch
Konsulat?
(Voh isht dos-america-h-nish
Kon-su-lat?)

Please let the Consulate know.

Bitte benachrichtigen Sie das
Konsulat.
(Bitteh ben-ach-rikh-tee-gen
Zee das Kon-su-lat.)

My wallet has been stolen.

Man hat mir meine Tasche
gestohlen.
(Mon hot meer mine-er
Tahsh-er gesh-tohl-en.)

PROBLEMS AND ACCIDENTS—GERMAN

I found this in the street.	Ich habe dies auf er Strasse gefunden. (Ikh hah-beh deez owff er Shtras-ser ge-foon-den.)
I have lost my luggage/ passport/travelers' checks.	Ich habe mein Gepäck/ meinen Pass/ mein Reiseschecks verloren. (Ikh hah-beh mine ge-peck/ mine-en Puss/ mine Ree-zes-shecks fair-law-ren.)
I have missed my train.	Ich habe meinen Zug verpasst. (Ikh hah-beh mine-en Tsook fair-past.)
My luggage is on board.	Mein Gepäck ist an bord. (Mine Ge-peck isht an bort.)
Call a doctor.	Rufen Sie einen Arzt. (Roo-fen Zee eye-nen Artst.)
Call an ambulance.	Rufen Sie einen Krankenwagen. (Roo-fen Zee eye-nen Krunk-en-va-gen.)
There has been an accident.	Ein Unfall hat sich ereignet. (Ine Oon-fahl hot sikh air-eeg-net.)
He is badly hurt.	Er is schwer verletzt. (Air ish shvair fair-letst.)

PROBLEMS AND ACCIDENTS—GERMAN

He has fainted.	Er ist ohnmächtig geworden. (Air isht one-mekh-tig ge-vawr-den.)
He is losing blood.	Er verliert Blut. (Air fair-leert Bloot.)
Please get some water/a blanket/some bandages.	Bitte holen Sie etwas Wasser/ eine Decke/ Verbandszeug. (Bitteh hol-en Zee et-vass Vahss-er/eye-ner Dekh-er/ Fair-bund-soyg.)
I've broken my glasses.	Meine Brille ist kaputt. (My-ner Bree-leh isht kah-put.)
I can't see.	Ich kann nichts sehen. (Ikh kahn nikhts zee-en.)
A child has fallen in the water.	Ein Kind ist ins Wasser gefallen. (Ine kint isht in Vahs-ser ge-ful-len.)
A woman is drowning.	Eine Frau ist am Ertrinken. (Eye-ner Frow isht um En-trink-en.)
First aid, quickly.	Erste hilfe, schnell. (Erst hell-f, sch-nell.)

- May I see your insurance policy?** Ich möchte Ihre
Versicherungs-police sehen.
(Ikh merkh-teh Ear-rer
Fair-sikh-er-ungs-poleese
zee-en.)
- Apply to the insurance company.** Wenden Sie sich an die
Versicherungs gesellschaft.
(Ven-den Zee sikh an dee
Fair-sikh-er-ungs-ge-zell-shuft.)
- I want a copy of the police report.** Ich möchte eine Kopie des
Polizei-berichts.
(Ikh merkh-teh eye-ner Copy
dez Poh-lee-tsee-be-rikgts.)
- There's a bus strike.** Die Busfahrer sind an Streik.
(Tee Bus-fah-rer Zint in den
strike.)

SPANISH

AT THE DOCTOR'S —SPANISH

Please call a doctor.

Llame al médico, por favor.
(Lyah-may ahl me-dee-koh,
pawr fa-bor.)

**I must see a doctor; can you
recommend one?**

Quiero que me vea un médico;
puede recomendarme alguno?
(Kwyay-roh ke me bay-yuh oon
me-dee-koh; pway-day
re-ko-men-dar-may
al-goo-no?)

I am ill.

No estoy bien.
(Noh ess-toy byen.)

I have difficulty breathing.

No respiro bien.
(Noh ress-pee-roh byen.)

I can't eat/sleep.

No puedo comer/dormir.
(Noh pway-doh ko-mair/
dawr-meer.)

My nose keeps bleeding.

Sangro por la nariz
frecuentemente.
(Sahn-groh pawr lah nah-reeth
fray-kwen-tuh-men-tay.)

AT THE DOCTOR'S—SPANISH

I have an earache.

Me duelen los oídos.
(May dway-len los oh-ee-dos.)

I keep vomiting.

Tengo vomitos.
(Ten-goh bah-mee-tohss.)

I think I've caught flu.

Creo que tengo gripe.
(Kray-oh ke ten-goh gree-pay.)

**I've had it since yesterday/for
a few hours.**

Lo tengo desde ayer/ desde hace
unas horas.
(Loh ten-goh dez-day ah-yair/
dez-day hah-thay oo-nus
aw-rus.)

I am a diabetic.

Soy diabetico.
(Soy dee-ah-bay-tee-koh.)

A am allergic to . . .

Soy alergico a . . .
(Soy ah-lair-hee-koh ah . . .)

I feel dizzy.

Estoy mareado.
(Ess-toy mah-ree-ah-doh.)

I feel nauseous.

Tengo nauseas/ ganas de
devolver.
(Ten-goh na-oo-see-uh/ gah-nas
de day-bohl-bair.)

I have diarrhea.

Tengo diarrea.
(Tehngo dyahr-ree-ah.)

I have a pain here.

Me duele aqui.
(Meh dweh-leh a-kee.)

I have a pain in my right arm.

Me duele el brazo derecho.
(Meh dweh-leh el brah-tho
deh-reh-choh.)

My wrist hurts.

Me duele la muñeca.
(Meh dweh leh moo-nyay-kuh.)

I've burned/cut/hurt myself.

Me he quemado/cortado/dado
un golpe.
(Meh hay kay-mah-do/
kor-tah-doh/dah-doh oon
gohl-pay.)

**I think I've sprained/broken
my ankle.**

Creo que me he dislocado/roto
el tobillo.
(Kray-oh ke me hay
dees-loh-kah-doh/roh-toh el
toh-bee-lyoh.)

I fell down and hurt my back.

Me he caído y me duele la
espalda.
(Me hay kahy-doh ee me
dweh-leh lah ess-pahl-duh.)

Is it broken/sprained?

Esta roto (rota)/torcido (torcida)?
(Ehs-tah-roh-toh [roh-tah]/
tohr-see-doh [tohr-see-dah]?)

My foot is swollen.

Tengo el pie hinchado.
(Ten-goh el pye een-chah-doh.)

AT THE DOCTOR'S—SPANISH

My stomach is upset.

Tengo mal al estomago.
(Ten-goh mahl ahl
ess-toh-mah-goh.)

I have indigestion.

No hago bien la digestion/tengo
indigestion.
(Noh ah-goh byen lah
dee-hess-tee-own/ten-goh
een-dee-hess-tee-own.)

My appetite is gone.

No tengo apetito.
(Noh ten-goh ah-pay-tee-toh.)

I think I have food poisoning.

Creo que estoy intoxicado.
(Kray-oh ke ess-toy
een-tok-see-kah-doh.)

How old are you?

Que edad tiene usted?
(Ke ay-dod tyay-nay oo-ste?)

What illnesses have you had?

Que enfermedades ha tenido?
(Ke en-fer-may-dah-das ha
tay-nee-doh?)

Have you medical insurance?

Tiene usted un seguro de
enfermedad?
Tyay-nay oo-ste oon
seh-goo-roh de
en-fair-may-dad?)

**What have you had to eat/
drink?**

Que ha comido/bebido?
(Ke ah koh-mee-doh/
bay-bee-doh?)

Please undress.

Desnudese usted, por favor.
(Des-noo-day-say oo-ste, pawr
fah-bor.)

Please lie down.

Echese.
(Ay-chay-say.)

Where does it hurt?

Donde le duele?
(Dahn-day le dway-lay?)

Have you a pain here?

Le duele aqui?
(Le dway-lay ah-kee?)

**How long have you had the
pain?**

Desde cuando le duele?
(Des-day kwahn-doh le
dway-lay?)

Open your mouth.

Abra la boca.
(Ah-bruh la boh-kuh.)

Put out your tongue.

Saque la lengua.
(Sah-kway lah len-gwuh.)

Breathe in.

Respire fuerte.
(Ress-pee-ray fwair-tay.)

Does that hurt?

Le duele eso?
(Le dway-lay eh-soh?)

You're hurting me.

Me hace daño.
(May hah-thay dah-nyoh.)

A lot/a little?

Mucho/un poco?
(Moo-choh/oon poh-koh?)

AT THE DOCTOR'S—SPANISH

Appendicitis	Appendicitis (Ah-payn-dee-thay-eetis)
Burn	Quemadura (Kay-mah-doo-ruh)
Cramp	Calambre (Kah-lahm-bray)
Food poisoning	Envenenamiento por comida (En-bayn-ay-nah-myen-toh pawr koh-mee-duh)
Heart attack	Ataque de corazon (Ah-tah-ke de kawr-uh-thon)
Hemorrhage	Hemorragia (Ay-maw-rah-hee-uh)
Insect bite	Picadura de insecto (Pee-kuh-doo-ruh de een-sek-toh)
Measles	Sarampion (Sahr-ahm-pee-own)
Sunstroke	Insolacion (Een-so-lah-thee-ohn)
Typhoid fever	Fiebre tifoidea (Fyeh-bruh tee-foh-ee-dee-uh)
Whooping cough	Tos ferina (Toss fay-ree-nuh)

**I'll give you some pills/
medicine.**

Voy a darle unas pildoras/ una
medicina.

(Boy ah dahr-leh oo-nus
peel-daw-rus/ oo-nuh
may-dee-thee-nuh.)

**Take this two/three/four times
a day.**

Tome la medicina dos/ tres/
cuatro veces al dia.
(Toh-may la
may-dee-thee-nuh dose/ trace/
katro vay-thase ahl dee-yuh.)

Before meals/after meals.

Antes/ despues de las comidas.
(Ahn-tays/ des-pways de lahs
koh-mee-dahs.)

**Take this prescription to the
chemist's**

Lleve esta receta a la farmacia.
(Llyay-bay ess-tuh ray-thay-tuh
ah lah far-muh-thee-yuh.)

Roll up your sleeve.

Levantese la manga.
(Lay-bahn-tay-say lah
man-guh.)

I'll give you an injection.

Voy a ponerle una inyeccion.
(Boy ah poh-nair-lay oo-nuh
een-yek-thyon.)

I'll put you on a diet.

Voy a ponerle un regimen.
(Boy ah poh-nair-lay oon
ray-hee-men.)

AT THE DOCTOR'S—SPANISH

Come and see me again in two days.

Vuelva dentro de dos dias.
(Bwayl-buh dent-roh de dohss
dee-ahss.)

Your leg must be X-rayed.

Hay que hacerle una radiografia.
(Ay ke ah-thair-lay oo-nuh
ray-dee-oh-gra-fee-uh.)

You must go to the hospital.

Tiene usted que ir a un
hospital/ una clinica.
(Tyay-nay oo-ste ke eer ah oon
oss-pee-dahl/ oo-nuh
klee-nee-kuh.)

Must I stay in bed?

Tengo que estar en la cama?
(Ten-goh ke ess-tar en la
kah-mah?)

You must stay in bed.

Tiene que estar en la cama.
(Tyay-nay ke ess-tar en lah
kah-mah.)

Will you come see me again?

Volvera usted?
(Bohl-bay-ruh oo-ste?)

How much do I owe you?

Cuanto le debo?
(Kwahn-toh le day-boh?)

I feel better now.

Estoy mejor ahora.
(Ess-toy may-hor ah-aw-rah.)

When can I travel again?

Cuando podro viajar?
(Kwan-doh poh-droh
bee-ah-har?)

PARTS OF THE BODY

Abdomen	Vientre (Byen-tray)
Ankle	Tobillo (Toh-bee-yoh)
Arm	Brazo (Brah-thoh)
Armpit	Axilo (Ah-ksee-yuh)
Back	Espalda (Ess-pahl-duh)
Bladder	Vejiga (Bay-hee-gu)
Bone	Hueso (Way-so)
Calf	Pantorrilla (Pan-taw-ree-lyuh)
Cheek	Mejilla (May-hee-yuh)
Chest	Pecho (Peh-cho)
Chin	Menton (Men-tone)
Ear	Oreja (Aw-ray-huh)
Eye	Ojo (Oh-hoh)
Face	Cara (Kah-rah)
Finger	Dedo (Day-doh)
Foot	Pie (Pee-ay)
Forehead	Frente (Fren-tay)
Hand	Mano (Mah-noh)
Head	Cabeza (Kah-bay-thuh)
Heart	Corazon (Kaw-rah-thon)
Hip	Cadera (Kah-day-ruh)
Intestine	Intestinos (Eeen-tess-tee-nos)
Kidney	Riñon (Ree-nyon)
Leg	Pierna (Pyair-nuh)
Liver	Higado (Ee-gah-do)
Mouth	Boca (Boh-kuh)
Muscle	Musculo (Moo-skoo-loh)
Nape	Nuca (Noo-kuh)
Nose	Nariz (Nah-reeth)
Pulse	Pulso (Pool-soh)
Rib	Costillo (Kos-tee-yuh)

AT THE DOCTOR'S—SPANISH

Scalp	Cuero cabelludo (Kway-roh kah-beh-yu-do)
Shoulder	Muslo (Moos-loh)
Skin	Piel (Pyel)
Skull	Craneo (Kray-nee-oh)
Spine	Columna vertebral (Koh-lum-na bair-teh-bral)
Stomach	Estomago (Ess-toh-mah-goh)
Temple	Sien (Syen)
Thigh	Muñeca (Moo-nyay-kuh)
Throat	Garganta (Gar-gan-tuh)
Tongue	Lengua (Len-gwuh)
Wrist	Hombro (Om-broh)

AT THE DENTIST'S —SPANISH

I must see a dentist.

Quiero ir al dentista.
(Kee-ay-roh eer ahl
den-tee-stuh.)

**Can I make an appointment
with the dentist?**

Pueden darme hora?
(Pway-den dar-may aw-ruh?)

As soon as possible.

Lo antes posible.
(Loh ahn-tays poh-see-ble.)

I have a toothache.

Me duelen las muelas.
(Me dweh-len lahss mway-las.)

This tooth hurts.

Me duele esta muela.
(Me dweh-luh ess-tuh
mway-luh.)

I've lost a filling.

Se me ha caído un empaste.
(Se me hah kah-ee-doh oon
em-pahs-tay.)

Can you fill it?

Puede empastarme?
(Pway-day em-pahss-tar-may?)

AT THE DENTIST'S—SPANISH

Can you do it now?

Puede hacermelo ahora?
(Pway-day hah-hair-meh-loh
ah-aw-ruh?)

**My gums are swollen/keep
bleeding.**

Tengo las encias inflamadas/ me
sangran las encias.
(Ten-goh lahss enn-thee-us
in-flam-ma-das/ me san-gran
lahss en-thee-us.)

**I've broken my plate; can you
repair it?**

Se me ha roto la dentadura; me
la pueden arreglar?

(Se me hah roh-toh lah
den-ta-doo-ruh; me lah
pway-den ah-reg-lar?)

Please rinse your mouth.

Enjuaguese.
(En-hway-gway-say.)

I will X-ray your mouth.

Tengo que hacerle una
radiografia.
(Ten-goh ke hah-thair-lay
oo-nuh
ray-dee-oh-grah-fee-uh.)

You have an abscess.

Tiene usted un abasceso.
(Tyay-nay oo-ste oon
ah-bah-thay-soh.)

The nerve is exposed.

El nervio esta al aire.
(El nair-bee-oh ess-tuh ahl
ay-ray.)

- | | |
|---|---|
| Will you take the tooth out? | Tiene que sacarme la muela?
(Tyay-nay ke sah-kar-may lah
mway-luh?) |
| This tooth will have to come out. | Esta muela no se puede salvar.
(Ess-tuh mway-luh no se
pway-day sal-bahr.) |
| Please give me an injection first. | Con inyeccion, por favor.
(Kon een-yek-thyon, pawr
fah-bor.) |
| You're hurting me. | Me esta haciendo mucho daño.
(Me ess-tuh ah-thee-en-doh
moo-choh dah-nyoh.) |
| How much do I owe you? | Cuanto es, por favor?
(Kwan-toh ess, pawr fah-bor?) |
| When should I come again? | Cuando tengo que volver?
(Kwahn-doh ten-goh ke
bohl-bair?) |

AT THE PHARMACY —SPANISH

**Can you prepare this
prescription for me, please?**

Pueden hacarme esta receta, por
favor?

(Pway-den hah-thair-may
ess-tuh ray-thay-tuh, pawr
fah-bor?)

Have you a small first-aid kit?

Tienen un pequeno botiquin de
urgencia?

(Tyay-nen oon pay-kway-nyoh
boh-tee-keen de
oor-hen-thee-yuh?)

A bottle of aspirin, please.

Un tubo de aspirinas, por favor.

(Oon-too-boh duh
ass-pee-ree-nuss, pawr
fah-bor.)

Can you suggest something for indigestion/constipation/diarrhea?

Puede recomendarme algo bueno par la indigestion/el estrenimiento/la colitis?
(Pway-day
rek-oh-men-dahr-may ahl-go
bway-noh par lah
een-dee-hess-tyon/el
ess-tren-ee-myen-toh/la
koh-lee-tees?)

I want something for insect bites.

Quiero algo para picaduras de insectos.
(Kyay-ro al-go pah-ruh
pee-ka-doo-russ de
een-sek-tos.)

Can you give me something for sunburn?

Tienen algo para las quemaduras del sol?
(Tyay-nen ahl-go pah-ruh las
kay-mah-doo-ras del sohl?)

I want some throat lozenges.

Pastillas para la garganta, por favor.
(Pahss-tee-yuss pah-ruh lah
gar-gan-tuh, pawr fah-bor.)

A packet of razor blades, please.

Un paquete de cuchillas de afeitar, por favor.
(Oon pah-ket-te de
koo-chee-yuss de
ah-fay-ee-tar, pawr fah-bor.)

How much is this aftershave lotion?	Cuanto cuesta esta locion para el afeitado? (Kwahn-toh kwess-tuh ess-tuh loh-syon pah-ruh el ah-fay-ee-tah-doh?)
A tube of toothpaste, please.	Un tubo de pasta de dientes/un dentifrico, por favor. (Oon too-boh de pahss-ta de dyen-tase/oon den-tee-free-koh, pawr fah-bor.)
A box of paper handkerchiefs, please.	Una caja de pañuelos de papel, por favor. (Oo-ruh kah-juh de pah-nway-lohss de pah-pel, pawr fah-bor.)
I want some eau de cologne/perfume.	Un frasco de colonia/colonia a granel/perfume/perfume a granel. (Oon fras-koh de koh-loh-nee-yuh/koh-loh-nee-yuh ah grah-nel/pair-foo-may/pair-foo-may ah grah-nel.)
May I try it?	Puedo probar? (Pway-doh proh-bar?)

AT THE PHARMACY—SPANISH

**A bottle/tube of shampoo,
please, for dry/oily hair.**

Champu para pelo secco/
grasiento, por favor.
(Cham-pu pah-ruh pay-loh
sek-oh/grah-syen-toh, pawr
fah-bor.)

DRUGS AND COSMETICS

Adhesive tape

Esparadrapo
(Ess-pah-rah-drah-po)

Aftershave lotion¹

Cologne de Afeitar
(Kol-own day Af-ay-tar)

Alcohol

Alcohol (Ahl-ko-hol)

Antiseptic

Antiseptico
(An-tee-sep-tee-koh)

Bandage

Venda (Bain-duh)

Bath salts

Sales de baño
(Sah-lays de bah-nyoh)

Castor oil

Aciete de ricino
(Ah-thyay-tay de ree-thee-noh)

Cleansing cream

Crema limpiadora
(Kray-muh lip-pyah-daw-ruh)

AT THE PHARMACY—SPANISH

Cotton	Algodon en rama (Al-go-don en rah-ma)
Cough mixture/pastilles	Jarabe/ pastillas par la tos (Hah-rah-bay/ pas-tee-yuss pah-rah la toos)
Deodorant	Desodorante (De-so-do-ran-tay)
Disinfectant	Disinfectante (Dis-in-fek-tan-tay)
Eau de Cologne	Cologne (Kol-own)
Eye lotion	Locion de ojos (Loh-syon de oh-hoss)
Eye shadow	Sombra de ojos (Som-bra de oh-hoss)
Face/talcum power	Polvos de tocador/ de talco (Pol-bohs de toh-kah-dawr/ de tal-ko)
Flannel	Flanela (Flah-nay-luh)
Hairbrush/spray	Cepillo de cabeza/ laca (The-pee-yoh de kah-be-thuh/ lah-kuh)
Hair clips/pins	Pinzas para el cabeza/ horquilla (Peen-thas pah-rah el kah-bay-yah/ hor-key-ya)

AT THE PHARMACY—SPANISH

Hair cream	Crema/brillantina (Kray-muh/bree-yan-tee-nuh)
Hair net	Redecilla de cabeza (Ray-day-thee-yuh de kah-bay-thuh)
Headache pills	Pildoras para el dolor de cabeza (Peel-daw-russ pah-rah el do-lawr de kah-bay-thuh)
Laxative	Laxante (Lak-san-tay)
Lipstick	Lapiz de labios (La-peeth de lah-byos)
Mascara	Rimmel (Ree-mell)
Nail file	Lima de unas (Lee-muh de oo-nus)
Nail polish	Esmalte de uñas (Es-mal-tay dee oo-nyus)
Nail polish remover	Quitaesmaltes (Kee-ta-es-mal-tays)
Peroxide	Aqua oxigenada (Ah-kwuh ok-see-hay-nah-dah)
Plaster	Emplasto (Em-plass-tōh)

Quinine	Quinina (Kee-nee-nuh)
Razor blades	Hojitas de afeitar (Oh-hee-tahs deh ah-fey-tahr)
Rollers	Rulos (Roo-los)
Sanitary napkins	Panos higienicos (Pah-noss ee-jyen-ee-kos)
Scissors	Tijeras (Tee-hair-as)
Sedative	Calmante (Kâl-man-tay)
Shampoo	Champu (Cham-pu)
Shaving brush	Brocha de afeitar (Broh-chuh de ah-fay-tar)
Shaving soap/cream	Jabon/crema de afeitar (Hah-bone/ kray-muh de ah-fay-tar)
Sponge	Esponja (Ess-pun-huh)
Sunburn ointment	Untura para las quemaduras de sol (Un-too-ruh pah-ruh las kay-mah doo-russ de sol)
Suntan lotion	Locion para broncearse (Lo-syon pah-ruh brawn-thee-ar-says)

AT THE PHARMACY—SPANISH

Tissues

Kleenex

Toilet paper

Papel higienico
(Pah-pel ee-hyen-ee-ko)

Toothbrush

Cepillo para dientes
(Say-pee-yo para-dee-en-tas)

Toothpaste

Pasta para los dientes
(Pasta para los dee-en-tas)

PROBLEMS AND ACCIDENTS —SPANISH

Where is the police station?

Donde esta la comisaria?
(Don-day ess-tuh lah
koh-mee-sah-ree-yuh?)

Call the police.

Llame a la policia.
(Lyah-may ah lah
poh-lee-thee-yuh.)

**Where is the American
Consulate?**

Donde esta el consulado
americano?
(Don-day ess-tuh el
kon-soo-lah-doh
ah-mair-ee-kah-noh?)

Please let the Consulate know.

Comuniquen con el consulado.
(Koh-moo-ni-kwen kon el
kon-soo-lah-doh.)

My bag has been stolen.

Me han robado el la cartera.
(Me hahn roh-bah-doh la
car-tear-a.)

I found this in the street.

He encontrado esto en la calle.
(Ay en-kon-trah-do ess-toh en
lah kah-lyay.)

PROBLEMS AND ACCIDENTS—SPANISH

**I have lost my luggage/
passport/travelers' checks.**

He perdido mi equipaje/ mi
pasaporte/ mis cheques de
viajero.

(Ay pair-dee-doh mee
ay-kee-pah-hay/ mee
pah-sah-pawr-tây/ mees
che-kways de byah-hay-roh.)

I have missed my train.

He perdido el tren.
(Ay pair-dee-doh el tren.)

My luggage is on board.

Mi equipaje esta en el tren.
(Mee ay-kee-pah-hay ess-tuh en
el tren.)

Call a doctor.

Llame a un medico.
(Lyah-may ah oon
may-dee-koh.)

Call an ambulance.

Llame una ambulancia.
(Lyah-may oo-nuh
am-boo-lan-thee-yuh.)

There has been an accident.

Ha habido un accidente.
(Ah ah-bee-doh oon
ak-thee-den-tay.)

He is badly hurt.

Esta gravemente herido.
(Ess-tah grah-veh-men-tay
ay-ree-doh.)

He has fainted.

Esta sin conocimiento.
(Ess-tah sin
koh-noh-thee-myen-toh.)

He is losing blood.	Esta perdiendo sangre. (Ess-tah pair-dyen-doh san-gray.)
Please get some water/a blanket/some bandages.	(Traiganos) agua/ una manta/ vendas, por favor. (Trah-ee-gah-nos) ah-gwuh/ oo-nuh mahn-tuh/ ben-das, pawr fah-bor.)
I've broken my glasses.	Se me han roto las gafas. (Se me hahn roh-toh lahss gah-fas.)
I can't see.	No veo. (No bay-oh.)
A child has fallen in the water.	Se ha caído al agua un niño. (Se ah kah-ee-doh ahl ah-gwah oon nee-nyoh.)
A woman is drowning.	Se esta ahogando una mujer. (Se ess-tah ah-oh-gan-doh oo-nuh moo-hair.)
First-aid, quickly.	Primeros auxilios, pronto. (Prim-er-os aux-eel-e-os, pronto.)
May I see your insurance policy?	Quiero ver su póliza de seguro. (Kyay-roh bair soo poh-lee-thuh de say-goo-roh.)

PROBLEMS AND ACCIDENTS—SPANISH

**Apply to the insurance
company.**

Dirjase a la compañía de
seguros.

(Deer-hah-say ah la
kum-pah-nyee-uh de
say-goo-ros.)

**I want a copy of the police
report.**

Quiero una copia del informe
policial.

(Kyay-roh oo-nuh koh-pee-uh
del een-fawr-may
poh-lee-thee-al.)

There's a bus strike.

Los autobuses estan en huelga.

(Los auto-bus-s es-tahn n
who-l-ga.)

helpnottravelersh00baro

helpnottravelersh00baro



helpnottravelersh00baro

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HERE'S HELP WHEN YOU NEED IT MOST!

If you're leaving the country or know someone else who is, here's the perfect gift: a simple, multi-lingual pocket guide designed for quick, easy, *life-saving* reference:

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- essential phrases in FRENCH, GERMAN, SPANISH, ITALIAN
- speak and be understood with the easy PRONOUNCING GUIDE

**TRAVELER BEWARE: *HELP!* SHOULD
BE AS CLOSE AS YOUR PASSPORT AT
ALL TIMES!**

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